



DEPARTMENT OF  
ECONOMIC SECURITY

*Division of Developmental Disabilities*

# COMMUNITY RESOURCE GUIDE



# Contents

Community Resources	<b>4</b>
Community Information and Referral Services	<b>13</b>
Community Resources	<b>14</b>
Assistance with Care Directives, Directive Forms, Information, and Related Legal Matters	<b>16</b>
Legal Aids	<b>17</b>
Advocacy Organizations	<b>19</b>
Behavioral Health Advocates and Advocacy Systems	<b>20</b>
ALTCS Advocacy	<b>23</b>
Tobacco Cessation	<b>25</b>

## Community Resources

## Contact Information

### AHCCCS

My AHCCCS online ([www.healtharizonaplus.gov](http://www.healtharizonaplus.gov)) allows AHCCCS members to view their own active healthcare and health plan enrollment for the following services:

- View a two-year history of eligibility
- Enrollment information
- Link to their active health plan websites
- Individuals correct address

 801 E. Jefferson St.  
Phoenix, AZ 85034

 855-432-7587  
602-417-4000  
In-State toll free: 800-654-8713  
TTY/TDD 1-800-842-6520

 <https://www.azahcccs.gov>

### Alzheimer's Association

The Association disburses information on Alzheimer's Disease and dementia: Information on dementia symptoms, diagnosis, stages, treatment, care and support resources.

 800-272-3900

 <https://www.alz.org/>

### Area Agency on Aging (AAA)

A nonprofit agency that assists the needs of Arizona by identifying the needs of services for adults aged 60 years and older and for persons with disabilities in need of long-term care.

 <https://des.az.gov/services/older-adults/area-agency-on-aging-locations>

### Arizona Aging and Disability Resource Center (ADRC)

The ADRC was created to help Arizona seniors, people with disabilities, and caregivers and family members locate resources and services that meet their needs.

 602-542-4446  
888-737-7494  
TTY/TDD 711

 <https://azdaars.getcare.com/consumer/>

### Arizona@Work

ARIZONA@WORK is the statewide workforce development network that helps job seekers throughout the state, by providing services and resources to pursue employment opportunities.

 <https://arizonaatwork.com>

---

## Arizona Department of Economic Security

---

DES works with families, community organizations, advocates and state and federal partners to realize a collective vision that every child, adult, and family in the State of Arizona will be safe and economically secure. DES works to promote enhanced safety and well-being for Arizonans by focusing on three primary goals: strengthening individuals and families, increasing self-sufficiency, and developing the capacity of communities.



**Division of Developmental Disabilities:**

844-770-9500 ext. 1, ext. 2 (Spanish)

**Nutrition Assistance:**

855-432-7587

**Adult Protective Services:**

877-767-2385

**Aging and Adult Services:**

602-542-4446



<https://des.az.gov/>

---

## Arizona Department of Health Services

---

Arizona Department of Health Services provides information about cancer; diseases; filing a complaint; genealogy; health screenings; healthy babies; healthy living; licenses and certificates; medical marijuana; mental health; obesity prevention; summer safety; and vital records.



150 N. 18<sup>th</sup> Ave.  
Phoenix, AZ 85007



602-542-1025  
800-833-4642



<https://www.azdhs.gov/>



**24 Hour Breastfeeding Hotline:**  
800-833-4642

---

## Arizona Department of Health Services –Office of Children and Youth with Special Health Care Needs (CYSHCN)

---

Children and Youth with Special Health Care Needs (CYSHCN) continues working to improve systems of care; provide information and referrals to families who would like assistance in finding the services available to their child; provide training to families and professionals on best practices related to medical home, cultural competence, and transition to adulthood and family and youth involvement; and support telemedicine to provide services in remote areas of the state.



602-542-1860



[CYSHCN@azdhs.gov](mailto:CYSHCN@azdhs.gov)



<https://www.azdhs.gov/prevention/womens-childrens-health/cyshcn/index.php>

---

---

## Arizona Early Intervention Program (AzEIP)

---

The Arizona Early Intervention Program (AzEIP, pronounced Ay-zip), helps families of children with disabilities or developmental delays age birth to three years old. The program provides support and can work with children's natural ability to learn.

 1789 W. Jefferson St.,  
Phoenix, AZ 85007-3202

 602-532-9960 or  
844-770-9500 (Option 5)  
Referrals: 888-592-0140

 <https://des.az.gov/azeip>

---

## Arizona Head Start

---

Head Start is a federal program that promotes the school readiness of children from birth to age five from low-income families by enhancing their cognitive, social, and emotional development.

Head Start programs provide a learning environment that supports children's growth in many areas such as language, literacy, and social and emotional development. Head Start emphasizes the role of parents as their child's first and most important teacher.

 P.O. Box 45483  
Phoenix, AZ 85064

 602-338-0449

 [AZHeadStart@azheadstart.org](mailto:AZHeadStart@azheadstart.org)

 [www.Azheadstart.org](http://www.Azheadstart.org)

---

## Arizona Poison and Drug Information Center

---

Provides immediate life-saving information and medical expertise for medication errors, chemical spills, product misuse, occupational exposures, suicide attempts, pet poisonings and other urgent situations.

 800-222-1222

 <https://azpoison.com/>

---

## Arizona Statewide Independent Living Council

---

Centers for Independent Living are consumer-controlled, community-based, non-profit corporations that provide programs and services for people with all types of disabilities and their families.

Centers for Independent Living also serve as a strong advocacy voice on a wide range of national, state, and local issues. They work to assure physical and programmatic access to housing, employment, transportation, communities, recreational facilities, and health and social services for people with disabilities to fully participate in an integrated community and search for the possibilities to live as they choose. Many CILs offer a wide range of programs and services.

 10720 W. Indian School Rd,  
Ste 19 #1006  
Phoenix, AZ 85037

 602-262-2900

 [www.azsilc.org](http://www.azsilc.org)

---

---

## Arizona Suicide Prevention Coalition (for teens)

---

The Mission and Vision of the coalition is to reduce suicidal acts in Arizona, to change those conditions that result in suicidal acts in Arizona through awareness, intervention, and action.

 c/o Teen Lifeline  
 602-248-TEEN (8336)  
Outside Maricopa County: 800-248-TEEN (8336)  
 <https://teenlifeline.org/>

---

## AZLINKS

---

AzLinks.gov is maintained by the Arizona Department of Economic Security (DES), Division of Aging and Adult Services (DAAS). AzLinks.gov offers assistance and information on aging and disability. Use AzLinks.gov to plan for the future or to handle an immediate need for seniors, people with disabilities, caregivers, friends, family members, and professionals assisting others.

 602-542-4446  
 [www.AzLinks.gov](http://www.AzLinks.gov)

---

## Child and Family Resources

---

Programs include:

- Child Care Resource & Referral for parents to call to get a list of childcare centers.
- The Center for Adolescent Parents gives teen mothers the chance to earn a high school diploma or GED while receiving free, on-site childcare.

 602-234-3941  
Tucson: 520-458-7348  
Sierra Vista: 520-458-7348  
 [www.ChildFamilyResources.org/contact-us](http://www.ChildFamilyResources.org/contact-us)  
*Other phone contacts on website under Contact Us.*

---

## Child Care Resource and Referral

---

Child Care Resource and Referral (CCR&R) provides the bridge between parents, providers, community leaders, and policymakers about anything related to child care in Arizona.

 800-308-9000  
 [www.azccrr.com](http://www.azccrr.com)

---

## Disability Benefits 101

---

DB101 helps people with disabilities and service providers understand the connections between work and benefits. DB101 provides information to learn about benefits programs and rules around work, calculators to get results tailored to plan and set goals or work, tips for success for individual situations, provide experts to find answers to your questions, and connect to community resources to help understand your next steps and situation.

 <https://az.db101.org/>

---

## Dump the Drugs AZ

---

Through the Arizona Department of Health Services. This program provides an application How-to-Guide to find locations to dispose of unused or unwanted prescription drugs. The application displays all drop-off locations in Arizona and enables the user to receive directions to the nearest drop-off location.

 <https://www.azdhs.gov/gis/dump-the-drugs->

---

## Family Involvement Center

---

Family Involvement Center is a not-for-profit, family-directed organization founded in 2001. The majority of employees and each member of the Board of Directors have personal life experience raising children with emotional, behavioral, and/or mental health challenges. Services include parent training, resources, and support.

 **Statewide toll-free:**  
877-568-8468  
**Phoenix:** 602-412-4095  
**Prescott Valley:** 928-379-5077  
**Flagstaff:** 928-440-6180  
**Tucson:** 520-404-0032  
 [www.familyinvolvementcenter.org](http://www.familyinvolvementcenter.org)

---

## Federal Health Insurance Marketplace

---

Insurance marketplace created by the Affordable Care Act. Individuals who lose coverage through Medicaid or CHIP or who cannot get coverage through their employer can purchase health insurance coverage. Affordable Care Act insurance marketplace.

 800-318-2596  
 [www.healthcare.gov](http://www.healthcare.gov)

---

## Health-E-ArizonaPlus

---

Connecting individuals and families to coverage, benefits and services.

 855-432-7587  
 [www.healtharizonaplus.gov](http://www.healtharizonaplus.gov)

---

## Healthy Families

---

This program helps mothers have a healthy pregnancy and also assists with child development, nutrition, and safety. Pregnant members receive information through home visits that include help with any concerns that she might have. The program starts while the member is pregnant and can continue through the time that the baby is 5 years old.

-  **Healthy Families Arizona:**  
<https://www.healthyfamiliesaz.org/>
-  **Southwest Human Development:**  
<https://www.swhd.org/programs/health-and-development/healthy-families/>
-  **Child and Family Resources:**  
<https://www.childfamilyresources.org/healthy-families/>
-  **Coconino County:**  
<https://coconino.az.gov/239/Healthy-Families>

---

## Low Income Housing Services

---

The Housing Authority of Maricopa County improves the quality of life of families and strengthens communities by developing and sustaining affordable housing programs. The Housing Authority works to become a leading housing authority by exemplifying best practices, offering innovative affordable housing programs, and expanding accessibility throughout Maricopa County.

-  **Maricopa Housing Authority**  
8910 N. 78<sup>th</sup> Ave., Building D  
Peoria, AZ 85345
-  602-744-4500
-  <https://maricopahousing.org/>

---

## Mentally Ill Kids in Distress (MIKID)

---

Mission and Vision is to reduce suicidal acts in Arizona, to change those conditions that result in suicidal acts in Arizona through awareness, intervention, and action.

-  **Phoenix:** 602-253-1240
- Tucson:** 520-882-0142
- Nogales:** 520-377-2122
- Yuma:** 928-344-1983
- Bullhead City:** 928-704-9111
- Casa Grande:** 520-509-6669
- Kingman:** 928-753-4354
- Sierra Vista:** 520-895-3615
-  [www.mikid.org/locations/](http://www.mikid.org/locations/)

---

## National Alliance on Mental Illness (NAMI)

---

The National Alliance on Mental Illness is dedicated to building better lives for the millions of Americans affected by mental illness. NAMI provides education programs to help families get the support and information they need, provide free referrals, and raise public awareness to those in need.



800-950-6264

Text "Helpline" to 62640

Chat: [nami.org/help](https://nami.org/help)

In crisis: Call or text 988



[www.nami.org](https://www.nami.org)

---

## National Suicide Prevention Hotline

---

Offers free 24 hour hotline available to anyone in suicidal crisis or emotional distress



988

Chat: [988lifeline.org/chat/](https://988lifeline.org/chat/)



<https://988lifeline.org/>

---

## Opioid Assistance and Referral Line (Banner Health)

---

Confidential advice and services available 24 hours a day, 7 days a week. Staffed by certified nurses and pharmacists.



888-688-4222



<https://www.bannerhealth.com/-services/poison-drug-information/-opioid-assistance>

---

## Postpartum Support International

---

Provides access to information, social support, and informed professional care to deal with mental health issues related to childbearing. PSI promotes this vision through advocacy and collaboration, and by educating and training the professional community and the public.



800-944-4773



<https://www.postpartum.net/>

---

## Power Me A2Z

---

Service provided by the Department of Health Services that provides folic acid education and a vitamin distribution program that promotes healthy living and prevents birth defects in eligible women.



<https://www.azdhs.gov/powermea2z/>

---

---

## Raising Special Kids

---

Arizona's family to family health information center, Raising Special Kids, is a non-profit organization of families helping families of children with disabilities and special health needs in Arizona. It provides information, training, and materials to help families understand and navigate systems of care. Parents are supported in their leadership development as they learn to advocate for their children. Raising Special Kids promotes opportunities for improving communication between parents, youth with disabilities, educators, and health professionals. All programs and services are provided to families at no cost.

 5025 E. Washington St., Suite 204  
Phoenix, AZ 85034

 800-237-3007  
**Phoenix:** 602-242-4366  
**Tucson:** 520-441-4007  
**Yuma:** 928-444-8803

 <https://raisingspecialkids.org>

---

## Strong Families Arizona

---

Strong Families AZ is committed to helping families, particularly by providing help for new parents with young children and pregnant people. Strong Families AZ has a number of home visiting programs designed for different needs, including low income families, parents who have children with developmental disabilities, parents interested in learning how to monitor the progress of their child's mental and physical development, and more.

 [https://strongfamiliesaz.com/  
program/healthy-families-arizona/](https://strongfamiliesaz.com/program/healthy-families-arizona/)

---

## Southwest Human Development

---

The Fussy Baby program is a component of the Birth to Five Helpline and provides support for parents who are concerned about their baby's temperament or behavior during the first year of life. A clinician will work with parents to find more ways to soothe, care for, and enjoy baby. The program also offers ways to reduce stress while supporting parents in their important role.

 602-266-5976  
**Birth to Five Helpline,**  
**Fussy Baby**  
 877-705-5437 (KIDS)

 <https://www.swhd.org/>

---

## Vaccines for Children (VFC)

---

The Vaccines for Children (VFC) Program is a federally funded program that provides vaccines at no cost to children who might not otherwise be vaccinated because of an inability to afford vaccines.

 [https://www.azdhs.gov/  
preparedness/epidemiology-  
disease-control/immunization/  
index.php#program-overview](https://www.azdhs.gov/preparedness/epidemiology-disease-control/immunization/index.php#program-overview)

---

## Vocational Rehabilitation

---

The Vocational Rehabilitation program provides a variety of services to persons with disabilities with the ultimate goal to prepare for, enter into, or retain employment.

 <https://des.az.gov/vr>

---

## Women, Infants, and Children (WIC)

---

The Arizona Women, Infants, and Children Program (WIC) provides Arizona residents with nourishing supplemental foods, nutrition education, and referrals. People who use WIC are women who either are pregnant, breastfeeding, or have just had a baby; and infants and children who have nutritional needs and families who meet income guidelines.

 **WIC:**  
800-252-5942  
 <https://www.azdhs.gov/prevention/azwic/>

---

## Arizona Food Bank Network

---

The Arizona Food Bank Network represents regional food banks and pantries around the state and can help you find the nearest emergency food option to you.

 602-528-3434  
 <https://azfoodbanks.org/>

---

## Supplemental Nutrition Assistance Program

---

Supplemental Nutrition Assistance Program (SNAP) provides eligible households with monthly benefits they can use to purchase nutritious food.

 <https://des.az.gov/na>

---

## Arizona Commodity Senior Food Program (CSFP)

---

The Commodity Senior Food Program (CSFP) works to improve the health of low-income persons who are at least 60 years of age by supplementing their diets with a monthly package of nutritious food at no cost.

 <https://des.az.gov/senior-food-program>

### Arizona 2-1-1

Community Information and Referral to help find many community services.

Some examples of the community services are:

- Food banks
- Clothes
- Shelters
- Assistance to pay rent and utilities
- Health care
- Pregnancy health
- Support groups
- Counseling
- Help with drug or alcohol problems
- Financial help
- Job training
- Transportation
- Education programs
- Adult day care
- Meals on Wheels
- Respite care
- Home health care
- Transportation
- Homemaker services
- Childcare
- After school programs
- Family help
- Summer camps
- Play programs
- Counseling
- Help with learning



Dial 2-1-1

Toll free 877-211-8661

**Arizona Relay callers: 7-1-1**



<https://211arizona.org/>

# Community Resources

 **A. T. Still University**  
5855 E. Still Cir.  
Mesa, AZ 85206  
 480-248-8100  
 <https://www.atsu.edu/arizona-school-of-dentistry-and-oral-health/dental-clinics#dental-clinic>

 **Desert Senita Community Health Ctr.**  
410 Malacate St.  
Ajo, AZ 85321  
 520-387-5651  
 [desertsenita.org/](http://desertsenita.org/)

 **El Rio Dental Clinics**  
[www.elrio.org](http://www.elrio.org)

 **Center of Opportunity**  
4550 S. Palo Verde Rd  
Tucson, AZ 85714  
 520-670-3909

 **Cherrybell**  
1230 S. Cherrybell Stravenue  
Tucson, AZ 95713  
 520-670-3909

 **Congress**  
839 W. Congress St.  
Tucson, AZ 85745  
 520-670-3909

 **El Pueblo**  
101 W Irvington Rd #10  
Tucson, AZ 85714  
 520-670-3909

 **Grant**  
3655 E. Grand Road  
Tucson, AZ 85716  
 520-670-3909

 **HealthOn University**  
434 E. University Blvd.#100  
Tucson, AZ 85705  
 520-670-3909

 **Northwest**  
340 W. Prince Rd.  
Tucson, AZ 85705

 **Pascua Yaqui**  
7490 S. Camino De Oeste  
Tucson, AZ 85746  
 520-670-3909

 **Southeast**  
6950 E. Golf Links Rd.  
Tucson, AZ 85730  
 520-670-3909

 **Southwest**  
1530 W. Commerce Ct.  
Tucson, AZ 85746  
 520-670-3909

## Mountain Park Dental Clinic

 Christown Pediatric Clinic  
5517 N. 17th Ave.  
Phoenix, AZ 85015

 Baseline 635  
635 E. Baseline Rd.  
Phoenix, AZ 85042

 Baseline 303  
303 E Baseline Rd.  
Phoenix, AZ 85042

 Gateway Clinic  
3830 E. Van Buren St.  
Phoenix, AZ 85008

 Glendale Clinic  
3975 W Glendale Ave.  
Phoenix, AZ 85303

 Goodyear Clinic  
140 N. Litchfield Rd. #106  
Goodyear, AZ 85338

 Phoenix, AZ 85008

 Maryvale Clinic  
6601 W. Thomas Rd.  
Phoenix, AZ 85033

 Tempe Clinic  
1840 E. Broadway Rd.  
Tempe, AZ 85282

 602-243-7277  
 [www.MountainParkHealth.org](http://www.MountainParkHealth.org)

*Pediatric openings, limited adult appointments  
at all offices*

## Community Resources

-  **Native Health Center**  
4041 N. Central Ave., Bldg. C  
Phoenix, AZ 85012
-  602-279-5262
-  [www.NativeHealthPhoenix.org](http://www.NativeHealthPhoenix.org)
-  **NHW Community Health Center**  
2423 W. Dunlap Ave. Suite 140  
Phoenix, Arizona 85021
-  602-279-5262
-  [www.NativeHealthPhoenix.org](http://www.NativeHealthPhoenix.org)
-  **Native Health Mesa**  
777 W. Southern Ave.  
Mesa, AZ 85210
-  602-279-5262
-  [www.NativeHealthPhoenix.org](http://www.NativeHealthPhoenix.org)
-  **Phoenix College Dental Hygiene Clinic**  
1202 W. Thomas Rd.  
Phoenix, AZ 85013
-  602-285-7323
-  <https://www.phoenixcollege.edu/community/community-services/dental-clinic>

-  **Pima Community College Hygiene Clinic - Cleaning, Exam, X-Ray**  
2202 W. Anklam Rd.,  
Science Bldg. K, Room 212  
Tucson, AZ 85709
-  520-206-6090
-  <https://pima.edu/student-resources/support-services/health-wellness-safety/dental-hygiene-clinic/index.html>
- Note:** *may take several visits*
-  **Sun Life Family Health Center - Family Dental**  
865 N. Arizola Rd.  
Casa Grande, AZ 85122
-  520-836-3446
-  [www.sunlifefamilyhealth.org](http://www.sunlifefamilyhealth.org)

## Assistance with Care Directives, Directive Forms, Information, and Related Legal Matters

### Contact Information

---

#### Arizona Attorney General's Office

 2005 N. Central Ave.  
Phoenix, AZ 85004

 602-542-5025  
**Tucson:** 520-628-6504  
**Prescott:** 928-778-1265

 [www.azag.gov](http://www.azag.gov)

---

#### Department of Economic Security Arizona Aging and Adult Administration

 1789 W. Jefferson St.,  
Mail Drop 6216  
Phoenix, AZ 85007

 602-542-4446

 <https://des.az.gov/services/older-adults>

---

### APACHE, GILA AND NAVAJO COUNTIES

White Mountain Legal Aid –  
A division of Southern Arizona  
Legal Aid

 928-537-8383  
800-658-7958

 <https://www.sazlegalaid.org/>

 1052 E. Deuce of Clubs, Suite C  
Show Low, AZ 85901

White Mountain Apache Legal  
Services

 1-928-338-4845  
1-866-312-2291

 101 General Crook St.  
Fort Apache, AZ 85926

### COCONINO COUNTY

DNA People's Legal Services

 928-774-0653  
800-789-5781

 2323 E. Greenlaw Ln., Suite 1  
Flagstaff, AZ 86004

### GRAHAM/GREENLEE AND COCHISE COUNTIES

Southern Arizona Legal Aid

 520-432-1639  
800-231-7106

 400 Arizona St.  
Bisbee, AZ 85603

### LA PAZ/YUMA COUNTIES

Community Legal Services

 928-782-7511  
800-424-7962

 204 S. First Ave.  
Yuma, AZ 85364

 928-627-8023  
800-356-7115

 [www.clsaz.org](http://www.clsaz.org)

 845 E. B St. Suite #1  
San Luis, AZ 85349

### MARICOPA COUNTY

Community Legal Services

 602-258-3434  
800-852-9075

 [www.clsaz.org](http://www.clsaz.org)

 305 S. 2<sup>nd</sup> Ave.  
Phoenix, AZ 85003

### MOHAVE COUNTY

Community Legal Services

 928-681-1177  
800-255-9031

 2701 E. Andy Devine, Suite 400  
Kingman, AZ 86401

### NAVAJO AND HOPI NATIONS

DNA – Chinle Agency Office

 928-674-5242

 Chinle Chapter Complex  
Chinle, AZ 86503

DNA – Fort Defiance Agency  
Office

 928-871-4151  
800-789-7287

 North of the ALON gas station, at  
the junction of Highways 12 & 264  
Window Rock, AZ 86515

DNA – Hopi Legal Services

 928-738-2251

 Highway 264, behind the Hopi Law Enforcement Complex  
Keams Canyon, AZ 86034

DNA – Tuba City Agency Office

 928-283-5265

 220 S. Main St.  
Tuba City, AZ 86045

DNA - Flagstaff

 928-774-0653

 2323 E. Greenlaw Lane, #1  
Flagstaff, AZ 86004

Native American Disability Law Center – Farmington Office

 505-325-8886

 709 N. Butler Ave.  
Farmington, NM 87401

---

## PIMA COUNTY

**Southern Arizona Legal Aid (SALA)**

 520-623-9465  
800-248-6789

 2343 E. Broadway Blvd., Suite 200  
Tucson, AZ 85719

**Tohono O’odham Legal Services**

 <https://www.sazlegalaid.org/>

A division of Southern Arizona Legal Aid

---

## PINAL COUNTY

Southern Arizona Legal Aid

 520-316-8076  
877-718-8086

 1729 N. Trezell Rd., Suite 101  
Casa Grande, AZ 85122

---

## WHITE MOUNTAIN APACHE TRIBE

White Mountain Apache Legal Aid – A division of Southern Arizona Legal Aid

 928-338-4845

 202 E. Walnut St.  
Whiteriver, AZ 85941

---

## YAVAPAI COUNTY

Community Legal Services

 928-445-9240  
800-233-5114

 141 S. McCormick St. #200  
Prescott, AZ 86303

### Ability 360

Ability 360 offers and promotes programs designed to empower people with disabilities to take personal responsibility to achieve or continue independent lifestyles within the community.

 **Phoenix:** 602-256-2245  
800-280-2245  
7-1-1 (Arizona Relay)  
**Gilbert/Mesa:** 480-655-9750  
**Glendale:** 602-424-4100  
**Pima County:** 520-449-8375  
**Pinal County:** 520-316-4300

 [Ability360.org](http://Ability360.org)

### Disability Rights Arizona

Disability Rights Arizona, formerly known as the Arizona Center for Disability Law, is a federally designated Protection and Advocacy System for the State of Arizona with unique authorities and responsibilities. These include the power to investigate reports of abuse and neglect and violations of the rights of persons with disabilities. This organization is authorized to pursue appropriate legal and administrative remedies on behalf of persons with disabilities to insure their constitutional and statutory rights.

**Phoenix Office:**  
 5025 E. Washington St., Suite 202  
Phoenix, AZ 85034  
 602-274-6287  
800-927-2260

**Tucson Office:**  
 177 N. Church Ave., Suite 800  
Tucson, AZ 85701  
 520-327-9547  
800-922-1447

**Flagstaff Office:**  
 1515 E. Cedar Ave., Suite D1  
Flagstaff, AZ 86004  
 602-274-6287  
800-927-2260

 [www.azdisabilitylaw.org](http://www.azdisabilitylaw.org)

---

## Division of Aging and Adult Services Long-Term Care Ombudsman

---

The primary purpose of the Long Term Care Ombudsman Program is to identify, investigate, and resolve complaints made by or on behalf of residents of long-term care facilities, including:

- Educating residents, families, facility staff, and the community about long-term care issues and services
- Promoting and advocating for residents' rights
- Assisting residents in obtaining needed services
- Working with and supporting family and resident councils
- Empowering residents and families to advocate for themselves.

 602-542-6454 ext. 9  
 <https://des.az.gov/LTCOP>

## Behavioral Health Advocates and Advocacy Systems

### Contact Information

---

### Arizona Behavioral Health Corporation

Provides quality, affordable housing and supportive services for persons with behavioral health needs.

 501 E. Thomas Rd.  
Phoenix, AZ 85012  
 602-712-9200  
 <https://azabc.org>

---

### Disability Rights Arizona

Disability Rights Arizona, formerly known as the Arizona Center for Disability Law, is a federally designated Protection and Advocacy System for the State of Arizona with unique authorities and responsibilities. These include the power to investigate reports of abuse and neglect and violations of the rights of persons with disabilities. This organization is authorized to pursue appropriate legal and administrative remedies on behalf of persons with disabilities to insure their constitutional and statutory rights.

**Phoenix Office:**  
 5025 E. Washington St., Suite 202  
Phoenix, AZ 85034  
 602-274-6287  
800-927-2260  
**Tucson Office:**  
 177 N. Church Ave., Suite 800  
Tucson, AZ 85701  
 520-327-9547  
800-922-1447  
**Flagstaff Office:**  
 1515 E. Cedar Ave., Suite D1  
Flagstaff, AZ 86004  
 602-274-6287  
800-927-2260  
 <https://www.azdisabilitylaw.org>

---

## AHCCCS Office of Individual and Family Affairs (OIFA)

---

The AHCCCS Office of Individual and Family Affairs (OIFA) promotes recovery, resiliency, and wellness for individuals with mental health and substance use challenges. Each OIFA team member has lived experience with behavioral health challenges, either from their own experiences of recovery or from directly supporting someone through their recovery.

 [OIFA@azahcccs.gov](mailto:OIFA@azahcccs.gov)  
 <https://www.azahcccs.gov/AHCCCS/HealthcareAdvocacy/OIFA.html>

---

## Division of Developmental Disabilities Office of Individual and Family Affairs

---

The DDD Office of Individual and Family Affairs is a unique team that supports members, families, providers, and stakeholders. The team includes Subject Matter Experts (SMEs) that provide education, guidance and assistance on a variety of topics.

 1-844-770-9500 option 1  
 [dddoifa@azdes.gov](mailto:dddoifa@azdes.gov)  
 <http://des.az.gov/ddd/oifa>

---

## National 988 Suicide and Crisis Lifeline

---

Offers free 24 hour hotline available to anyone in suicidal crisis or emotional distress.

 Call or Text: 988  
 [988lifeline.org/chat](https://988lifeline.org/chat)  
 <https://988lifeline.org/>

---

## Arizona Coalition Against Sexual and Domestic Violence

---

Providers of direct services to victims and survivors of sexual and domestic violence. The coalition works to increase public awareness about the issue of domestic violence, enhance the safety of and services for sexual and domestic violence victims and survivors, and end sexual and domestic violence in Arizona communities.

 2700 N. Central Ave., Suite 1100  
Phoenix, AZ 85004  
 602-279-2900  
800-782-6400  
AZ Relay Service 7-1-1  
 <https://www.acesdv.org>

---

## Mental Health America of Arizona

---

Mental Health America of Arizona (MHA AZ), educates the community and advocates for all individuals and families impacted by mental illness.

 5110 N. 40<sup>th</sup> St., Suite 107  
Phoenix, AZ 85018  
 602-576-4828  
 <https://www.mhaarizona.org>

---

## National Alliance on Mental Illness (NAMI) Valley of the Sun

---

The National Alliance on Mental Illness is dedicated to building better lives for the millions of Americans affected by mental illness. NAMI provides education programs to help families get the support and information they need, provide free referrals, information and support, and raise public awareness to those in need.

 5025 E. Washington St., Suite 112  
Phoenix, AZ 85034

 800-950-6264  
Text "Helpline" to 62640  
Chat: [nami.org/help](https://www.nami.org/help)  
In crisis: Call or text 988

 <https://www.nami.org>

---

## Office of Human Rights - AHCCCS

---

Provides advocacy to individuals with a Serious Mental Illness (SMI) to help them understand, protect and exercise their rights, facilitate self-advocacy through education and to obtain access to behavioral health services in the public behavioral health system in Arizona.

 **Phoenix:** 800-421-2124  
**Toll Free:** 1-800-421-2124

 <https://www.azahcccs.gov/OHR>

---

## Office of the Public Advocate - Maricopa County

---

This office protects the fundamental rights of juveniles, parents and adults facing court evaluation and court ordered mental health treatment by providing effective legal representation.

 106 E. Baseline Rd.  
Mesa, AZ 85210

 602-372-2815  
602-372-9560

 [https://www.maricopa.gov/568/  
Public-Advocate](https://www.maricopa.gov/568/Public-Advocate)

---

## Special Assistance

---

Members who have a Serious Mental Illness (SMI) designation may meet criteria to receive Special Assistance. Special Assistance is support provided to an individual who is unable due, to a specific condition, to communicate his/her preferences and/or to participate effectively in the development of their service plan, discharge plan, the appeal process and/or grievance/investigation process. Special Assistance criteria is assessed by mental health providers.

 801 E. Jefferson St.  
Phoenix, AZ 85034

 **Phoenix:** 602-364-4585  
 **Toll Free:** 1-800-421-2124

 <https://www.azahcccs.gov/OHR>

---

---

## Valleywise Health

---

Valleywise Health is the Phoenix area's only public teaching health system. We are governed by a publicly elected Board of Directors focused on exceptional care for all who turn to Valleywise Health. Valleywise has three locations in Maricopa County focused on behavioral health.

 602-344-5011  
 For appointments:  
833-855-9973  
 [www.valleywisehealth.org](http://www.valleywisehealth.org)

---

## ALTCS Advocacy

### Contact Information

---

### Ability 360

Ability 360 offers and promotes programs designed to empower people with disabilities to take personal responsibility so that they may achieve or continue independent lifestyles within the community.

Other offices in Glendale, Pima County and Pinal/Gila counties.

 5025 E. Washington St., Suite 200  
Phoenix, AZ 85034  
 602-256-2245  
800-280-2245  
7-1-1 (Arizona Relay)  
 **Gilbert/Mesa:** 480-655-9750  
**Glendale:** 602-424-4100  
**Pima County:** 520-449-8375  
**Pinal County:** 520-316-4300  
 <https://ability360.org/advocacy/>

---

## Disability Rights Arizona

---

Disability Rights Arizona, formerly known as the Arizona Center for Disability Law, is a federally designated Protection and Advocacy System for the State of Arizona with unique authorities and responsibilities, including the power to investigate reports of abuse and neglect and violations of the rights of persons with disabilities. Authorized to pursue appropriate legal and administrative remedies on behalf of persons with disabilities to insure their constitutional and statutory rights.

 **Phoenix Office:**  
602-274-6287  
800-927-2260  
 **Tucson Office:**  
520-327-9547  
800-922-1447  
 **Flagstaff Office:**  
602-274-6287  
800-927-2260  
 <https://www.azdisabilitylaw.org>

---

---

## Disability Benefits 101

---

DB101 helps people with disabilities and service providers understand the connections between work and benefits. DB101 will help make informed choices and show how to make work part of your plan. DB101 provides information to learn about benefits program and rules around work, calculators to get results tailored to plan and set goals or work, tips for success for individual situations, provide experts to find answers to your questions, and connect to community resources to help understand your next steps and situation.

 <https://az.db101.org/>

---

## Division of Aging and Adult Services Long Term Care Ombudsman Hotline

---

The primary purpose of the Long Term Care Ombudsman Program is to identify, investigate, and resolve complaints made by or on behalf of residents of long-term care facilities, including:

- Educating residents, families, facility staff, and the community about long term care issues and services
- Promoting and advocating for residents' rights
- Assisting residents in obtaining needed services
- Working with and supporting family and resident councils
- Empowering residents and families to advocate for themselves.

 602-542-6454 ext. 9

 <https://des.az.gov/LTCOP>

---

## Independent Living Research Utilization

---

The Independent Living Research Utilization (ILRU) program is a national center for information, training, research, and technical assistance in independent living. Its goal is to expand the body of knowledge in independent living and to improve utilization of results of research programs and demonstration projects in this field.

 <https://www.ilru.org/>

---

## Legal Aid Maricopa County

---

Community Legal Services  
*(Additional Legal Aid assistance for other counties,  
please see pages 16-17)*

 305 S. 2<sup>nd</sup> Ave.  
Phoenix, AZ 85036-1538  
 602-258-3434  
800-852-9075  
 <https://www.clsaz.org/>

---

## Low Income Housing Services

---

The housing authority of Maricopa County improves the quality of life of families and strengthens communities by developing and sustaining affordable housing programs; and to become a leading housing authority by exemplifying best practices, offering innovative affordable housing programs, and expanding accessibility throughout Maricopa County.

 8910 N. 78<sup>th</sup> Ave.  
Peoria, AZ 85345  
 602-744-4500  
TDD: 602-744-4540  
 <https://maricopahousing.org/>

---

## Tobacco Cessation

One of the most important ways you can improve your health is to stop smoking. You can get help with quitting. Talk to your doctor. The Arizona Smoker's Helpline (ASHLine) can also help you with quitting. ASHLine can give you information about programs and services.

You can call **ASHLine** at 800-556-6222 (TTY/TDD 711) or visit <https://www.azdhs.gov/ashline/>.

ASHLine Quit Coaching is a free smoking cessation program that helps people quit any kind of tobacco. A Quit Coach helps and encourages you through every stage of quitting. Need Help Now? Call 800-556-6222 or go to <https://www.azdhs.gov/ashline/>.

The American Lung Association's, "Freedom from Smoking" program is a proven way to quit smoking, even if you've tried before and went back to smoking. Call 800-586-4872 or visit [www.freedomfromsmoking.org/](http://www.freedomfromsmoking.org/). You will be able to share your experiences with others going through the same thing in our online community support group. Get live support from the quit-smoking specialists at the Lung HelpLine at: [www.freedomfromsmoking.org/lung-helpline/](http://www.freedomfromsmoking.org/lung-helpline/).





DEPARTMENT OF  
ECONOMIC SECURITY

*Division of Developmental Disabilities*

Equal Opportunity Employer / Program • Auxiliary aids and services are available upon request to individuals with disabilities • To request this document in alternative format or for further information about this policy, contact the Division of Developmental Disabilities Customer Service Center at 1-844-770-9500; TTY/TDD Services: 7-1-1 • Disponible en español en línea o en la oficina local